Listing of the Claims

1. (Previously Presented) Method for acceleration of a physiological recovery process of a body of a user after a physical exertion comprising:

providing an ingestible product including at least 50 mg of L-theanine; and

upon completion of the physical exertion introducing into the user having experienced the physical exertion the ingestible product.

2. (Cancelled)

3. (Previously Amended) Method of claim 1, wherein the quantity of L-theanine is not greater than 200 mg.

4. (Previously Amended) Method of claim 1, wherein the ingestible product is in the form of a foodstuff with L-theanine as an additive.

5. (Original) Method of claim 4, wherein the foodstuff is a functional food notionally divisible into a plurality of preselected portion, with each said preselected portion having an L-theanine content of from about 50 mg to about 200 mg.

6. (Previously Amended) Method of claim 1, wherein the ingestible product is in the form of a complete drink having an L-theanine content of about 100 mg or of about 600 mg per liter.

7. (Original) Method of claim 1, wherein the L-theanine is selected from the group consisting of an enzymatically recovered γ-ethylamino-L-glutamine, natural L-theanine and mixtures thereof.

8. (Previously Presented) Method of claim 1, wherein the physiological recovery process is defined as having five stages, M1, M2, M3, M4, and M5, wherein M1 is immediately after stressing, M3 is a state of drowsiness, M5 is complete recovery, and M2 and M4 are transition stages, with M2 being the transition stage between M1 and M3 and M4 being the transition stage between M3 and M5.

9. (Previously Presented) Method of claim 8, wherein the introduction of the ingestible product into the users accelerates the time period from the M1 stage to the M5 stage to about thirty minutes.

10. (Previously Presented) Method of claim 1, wherein the physiological recovery process is central nervous system activity, stress hormone levels, circulatory behaviour, heart rate, blood pressure, brain wave activity, or electrodermal stress reaction.

11. (Previously Presented) A method for acceleration of a physiological recovery process of a body of a user after a physical and/or mental stressing comprising:

providing an ingestible product including at least 50 mg of L-theanine; and

upon completion of the physical and/or mental stressing introducing into the user the ingestible product, wherein the physiological recovery process is defined as having five stages, M1, M2, M3, M4, and M5, wherein M1 is immediately after stressing, M3 is a state of drowsiness, M5 is complete recovery, and M2 and M4 are transition stages, with M2 being the transition stage between M1 and M3 and M4 being the transition stage between M3 and M5, such that the introduction of the ingestible product into the user accelerates the time period from the M1 stage to the M5 stage to about thirty minutes.

12. (Previously Presented) A method as set forth in claim 11, wherein the quantity of L-theanine is not greater than 200 mg.

13. (Previously Presented) A method as set forth in claim 11, wherein the ingestible product is in the form of a foodstuff with L-theanine as an additive.

14. (Previously Presented) A method as set forth in claim 13, wherein the foodstuff is a functional food notionally divisible into a plurality of preselected portion, with each said preselected portion having an L-theanine content of from about 50 mg to about 200 mg.

15. (Previously Presented) A method as set forth in claim 11, wherein the ingestible product is in the form of a complete drink having an L-theanine content of about 100 mg or of about 600 mg per liter.

16. (Previously Presented) A method as set forth in 11, wherein the L-theanine is selected from the group consisting of an enzymatically recovered γ-ethylamino-L-glutamine, natural L-theanine and mixtures thereof.

17. (Previously Presented) Method of claim 11, wherein the physiological recovery process is central nervous system activity, stress hormone levels, circulatory behaviour, heart rate, blood pressure, brain wave activity, or electrodermal stress reaction.

18. (Previously Presented) A method for acceleration of a physiological recovery process of a body of a user after a mental stressing comprising:

providing an ingestible product including at least 50 mg of L-theanine; and

upon completion of the mental stressing introducing into the user having experienced the mental stressing the ingestible product,

wherein the physiological recovery process is defined as having five stages, M1, M2, M3, M4, and M5, wherein M1 is immediately after stressing, M3 is a state of drowsiness, M5 is complete recovery, and M2 and M4 are transition stages, with M2 being the transition stage between M1 and M3 and M4 being the transition stage between M3 and M5, such that the

introduction of the ingestible product into the user accelerates the time period from the M1 stage to the M5 stage to about thirty minutes, and the physiological recovery process is central nervous system activity, stress hormone levels, circulatory behaviour, heart rate, blood pressure, brain wave activity, or electrodermal stress reaction.